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Pickton appeal set to start today

COURT An appeal hearing in the Robert Pickton murder case is set to begin in Vancouver today.

The hearing is set to last nine days, during which time the Crown is expected to ask that Pickton be convicted of first-degree murder, while the defence will likely ask for a new trial.

The former Coquitlam pig farmer was found guilty in 2007 of second-degree murder in the deaths of six women from the Downtown Eastside.

Pickton has been charged with another 20 counts of murder in similar cases, but if the first six convictions are upheld, plans for a second trial will be dropped.

METRO VANCOUVER

ShareYourViews
vancouverletters@metronews.ca

Celebrity Buzz pg 18
Pattinson has scare on set

Sports pg 11
Canucks win in Chi-town

Sunny Side

Now that spring is here, Metro is looking at the sunnier side of life.

Comment & Views

- **Anne Hines kicks off our new series, pg 8**

JENNIFER GAUTHIER/FOR METRO VANCOUVER

Vancouver's Jessie Farrell arrives at the 2009 Juno Awards at GM Place last night. Farrell, a country singer, was nominated for new artist of the year, but lost to Lights. More Coverage, pg 16

Junos rock Vancouver

ROB MCMAHON
for Metro Vancouver

Canada's Music Awards
JUNO Awards

This weekend, music-loving Vancouverites spread across the city like guitar picks on Bryan Adams' studio floor.

For the four-day Juno celebration — which culminated in last night's awards show at GM Place — some 100 acts (half of whom were local) played 19 venues.

Thursday night, energy normally contained inside Granville Street's bars flowed into the fresh air during free shows by Hey Rosetta, Said the Whale and headliners Hot Hot Heat.

"I liked the show and thought it was well put together," said Colin Noseworthy. "It would be nice to see more events like that on Granville Street, and more festivals in Vancouver. Damages (by Hot Hot Heat) was a great song."

Friday night's highlights included the Juno Cup at UBC's Thunderbird Arena. NHL alumni, including Hall of Famer Lanny McDonald, challenged musicians like local slide-guitar aficionado Steve Dawson and Great Big Sea's Alan Doyle. For the first time ever, the Rockers took the game, winning after Rob Higgins of Dearly Beloved scored in a shootout.

Mixing sets by groups like Winnipeg's Quinzy with sumo-suit battles, raffle draws and the scent of roasting shawarma, Saturday's WestJet Street Party was packed. At Juno Fan Fare, folks lined up for autographs from City and Colour, The Trews and award-winners The Stills, among others.

Later that night, block-long lineups of disgruntled fans stretched outside venues like the Railway Club and the Media Club to see Juno-nominees Plants and Animals and locals Hey Ocean! Despite good cheer, many expressed frustration at the lack of capacity.

"I didn't get a wristband because I thought that would happen," said Craig Smith, who plays in Vancouver's Silent Authors. "People want to go and see live music (in Vancouver), but there's a shortage of venues."

84 B.C. communities turned off lights for Earth Hour

POWER Electricity consumption across the province dropped by 1.1 per cent during Earth Hour on Saturday night — the equivalent of turning off 1.5 million lights.

Eighty-four communities across the province participated in the second annual global event to dim lights for an hour at 8:30 p.m. in each time zone.

Energy savings

- Pemberton had the highest drop in energy consumption in B.C. at 4.6 per cent, followed by Abbotsford at 3.8 per cent.
- Vancouver's energy consumption went down 1.3 per cent, while Toronto's dropped by 15.1 per cent.

The provincial results were down from the two per cent reduction seen last year, but B.C. Hydro spokesperson Simi Heer said that doesn't mean fewer people participated.

"When we looked at the data (from Saturday night), we compared it to that of a week ago," Heer said. "It was also much colder (this year), and we think the weather factored into the results."

Heer added that the energy savings are more impressive if you take into account the fact that Earth Hour was on Saturday this year, so many offices turned off the lights and computers on Friday.

She said if British Columbians continued to turn off non-essential power for one hour every evening, the savings would be enough to power 2,400 homes for a year.

KRISTEN THOMPSON/
METRO VANCOUVER

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Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde

Schools get funding boost
The City of Vancouver is getting a much-needed new school and six others will be replaced and upgraded thanks to a $167-million funding boost from the province. The projects are expected to create as many as 1,069 new jobs. METRO VANCOUVER

Local

Beyoncé. Tomorrow.
Beyoncé Knowles, left, will be performing at GM Place tomorrow night as part of her world tour promoting her newest album I Am... Sasha Fierce. Canadian Idol winner Eva Avila will be opening for Knowles' Canadian shows.
METRO VANCOUVER

News in brief

MAINTENANCE Vancouver is seeking court-ordered injunctions to require landlords to repair hotels in the city's Downtown Eastside. The motion to enforce the city's standards of maintenance bylaw followed a report to city council Thursday.

WARNING Vancouver police are issuing a public warning after a man followed a young woman to her home from the Nanaimo SkyTrain station. The man was later seen circling the neighbourhood in a car and police believe he has been targeting young women near transit stations.

BURNABY RCMP in Burnaby are asking for the public's help in finding whoever has been causing gas leaks by damaging gas meters at businesses along Kingsway. Police said the meters were tampered with after businesses closed for the night.

METRO NEWS SERVICES

metronews.ca
What's online today.

Blogs It's Called Football Weekly welcomes SI.com's Ives Galarcep to chat about the MLS, and Kenya Hunt shows off one-of-a-kind rings

Video Market watchers optimistic about gains in April at **metronews.ca/canada**

Lotteries

Friday, March 27
Lotto Super 7: 8, 10, 14, 18, 28, 30 & 36 Bonus 25
Extra: 5, 37, 45, 57
Saturday, March 28
Lotto 6/49: 6, 10, 33, 39, 40 & 48 Bonus 43
BC 49: 2, 3, 13, 19, 23 & 36 Bonus 39
Extra: 15, 23, 65, 90
These results are not official.

Oval passes murderball test

Wheelchair rugby tournament goes off without a hitch, worlds coming in 2010

SAM SMITH
for Metro Vancouver

The 10th annual Vancouver Invitational wheelchair rugby tournament came to a close yesterday at the Richmond Olympic Oval.

The event — won by Quebec with a 58-30 victory over Ontario yesterday afternoon — gave the organizing committee a chance to test its system before the World Wheelchair Rugby Championships in 2010.

Jan Mansfield, director of communications for the 2010 WWRC, said the tournament went just as expected.

"Things are going really well, we will have to tweak a few things, but other than that it's fine," Mansfield said.

Teams from all across the country showed up to participate.

Travis Murao is on the Canadian team and is a Paralympic hopeful.

Murao, 26, has been paralyzed for nine years after he broke his neck in a snowboarding accident at Whistler Blackcomb.

He took up wheelchair rugby in 2002 and has been playing it ever since.

"It's really fun when you're representing Canada and competing against countries such as Australia and New Zealand," Murao said.

Spectators attending the event said it's not only good for the athletes, but it's fun for the community as well.

"It's a chance to see the Oval and we've watched the movie Murderball," Eric Lowe said. "Now I'd love to go see some Paralympics."

The WWRC takes place September 17-26, 2010.

History

- Wheelchair rugby was invented in 1977 by a group of quadriplegic athletes who wanted an alternative to wheelchair basketball.

SAM SMITH/FOR METRO VANCOUVER

Wheelchair athletes from Seattle and Alberta playing a round of murderball at the Richmond Olympic Oval yesterday.

Man dead after Saturday stabbing

LANGLEY A man found stabbed outside a Langley home on Saturday night has died of his injuries, police announced yesterday.

The 24-year-old man, whose identity hasn't been released, was found in critical condition at a home on Fraser Highway around 10:30 p.m.

"Police have learned that there was an apparent altercation in the residence that eventually lead to the stabbing, the suspects departed the scene and remains outstanding," Cpl. Dale Carr said.

"At this point the investigation has shown that this incident may been linked to drugs, it is believed by investigators that the suspect and the victim were known to each other."

The man's name will likely be revealed today, after his family has been notified of his death.

KRISTEN THOMPSON/
METRO VANCOUVER

Paramedics may strike this week

HEALTH B.C. paramedics could be on strike by early Wednesday morning after voting Saturday to give 72-hours strike notice.

B.J. Chute, a spokesman for the Ambulance Paramedics of B.C., said strike action would escalate, but initially could include a ban on voluntary overtime and administrative tasks like billing.

According to media reports, paramedics are asking for between four and 4.5 per cent per year, over seven years. The government has offered a one-year deal worth three per cent, with signing bonuses to bring it up to six per cent.

METRO VANCOUVER

Barricades aiming to stop drive-by shootings
Massive concrete barricades are being set-up outside the homes of known gangsters in the Lower Mainland to help police to cut down on drive-by shootings. The barriers are part of Project Rebellion, a regional initiative to keep an eye on high-profile gangsters. NEWS1130.COM

Roll into the auto show

Event has more than 450 vehicles for gearheads to see

SAM SMITH
for Metro Vancouver

The Vancouver International Auto Show opens tomorrow with a hot new set of wheels coming in from all over.

Patrons who attend the show will not only see what's new, but also get a taste of what's next in the market.

Paul McGeachie, executive director of the event, said the show is sure to bring what their customers love.

"Our patrons simply love things with wheels," McGeachie said.

info
- The show runs from March 31 to April 5, tickets are still available and cost $10.

SAM SMITH/FOR METRO VANCOUVER

The all new Dodge Circuit EV, an all-electric performance sports car that boasts hitting up to 322 kilometres with no gas consumption, will be among the vehicles on display beginning tomorrow at the Vancouver International Auto Show.

Attendees can expect to see the brand new Dodge Circuit EV, an all-electric performance sports car that can hit up to 322 kilometres per hour with no emissions.

Other vehicles include the 2010 Volkswagen Golf, Audi A5 Cabriolet and the 2010 Lexus HS250h.

The event will feature more than 450 new makes and models.

Gunshots result in lockdown at school

LANGLEY Students at a Langley elementary school were kept inside for an hour after the last bell and the school locked down after police received reports of shots fired nearby.

Students at Alice Brown Elementary were preparing to head home for the weekend when they were called in from the yard on Friday.

RCMP said residents had reported hearing several shots fired and seeing the driver of an Infiniti M35 running away.

"The vehicle … contained evidence which leads investigators to believe it was involved in the initial shots fired report," said Const. Holly Marks.

"A preliminary search of the vehicle does not suggest anyone was injured inside."

Officers weren't able to find the driver. Anyone with information is asked to call police.

METRO VANCOUVER

Man recovering after being shot

POLICE A man has been released from hospital after being shot in his arm and hand at the Cassandra Hotel on Kingsway.

Vancouver police Const. Jana McGuinness said officers were called to the hotel on Thursday night.

"Members arrived and contained a second floor suite after finding a shell casing in the lane and observing a broken second floor window," she said. "Four people were taken out of the suite along with another man who was suffering from a gunshot wound to his arm."

A sixth man, who police say was intoxicated, then shut the door and refused to come out.

Emergency Response Team members and a police negotiator were called to help and after two hours, the man came out.

"This appears to be a targeted incident however it is too early to say if it is gang related," McGuinness said.

METRO VANCOUVER

Canada Line to open three months early

TRANSIT Vancouver's Canada Line will open for business three months ahead of schedule.

The 19-kilometre rapid-transit line, connecting Vancouver with Richmond and Vancouver International Airport, will open by September's Labour Day long weekend, the province announced Friday.

The $2-billion project had been slated for completion by November 2009.

It is expected to reduce one-way car trips by 200,000 a day as commuters or travellers move between Vancouver, Richmond and the airport in less than 25 minutes.

The stations are still being finished and the restoration of construction sites is close to being complete.

ANDY CLARK/REUTERS

Officials riding the Canada Line are reflected in the window as the train makes its way through the tunnel in Vancouver on Friday.

Trains are travelling the length of the line to test and commission the system.

The project was partnership between Canada, B.C., TransLink and the Vancouver Airport Authority.

METRO VANCOUVER

News in brief

WARNING Police are warning parents in Vancouver about a suspicious man who tried to take the hand of a six-year-old girl in the yard at Grandview Elementary School. She pulled her hand away and saw the man drive off in a nearby white pickup with a woman and a child.

CHEMICALS There's no indication strange chemicals found in a New Westminster highrise were used in a meth lab, or were connected to organized crime or terrorism, police say. The building was evacuated Tuesday and Thursday while RCMP removed items and conducted controlled detonations.

METRO NEWS SERVICES

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Prince to talk at sports meeting

The 2009 World Conference on Sport and the Environment kicks off in Vancouver today, marking the first time that the biennial conference will be held on North American soil.

Prince Albert II of Monaco and Gilbert Felli, the Olympic Games' executive director for the International Olympic Committee, will be among the speakers.

The two-day conference, held in conjunction with the International Olympic Committee and the United Nations Environment Programme, brings together athletes, sporting-federation representatives and environmental organizations. METRO VANCOUVER

New radar to track weather patterns

VANCOUVER 2010 **Games**

2010 Organizers and athletes at the 2010 Olympics will receive real-time weather information thanks to the instalment of a new Doppler radar outside Whistler.

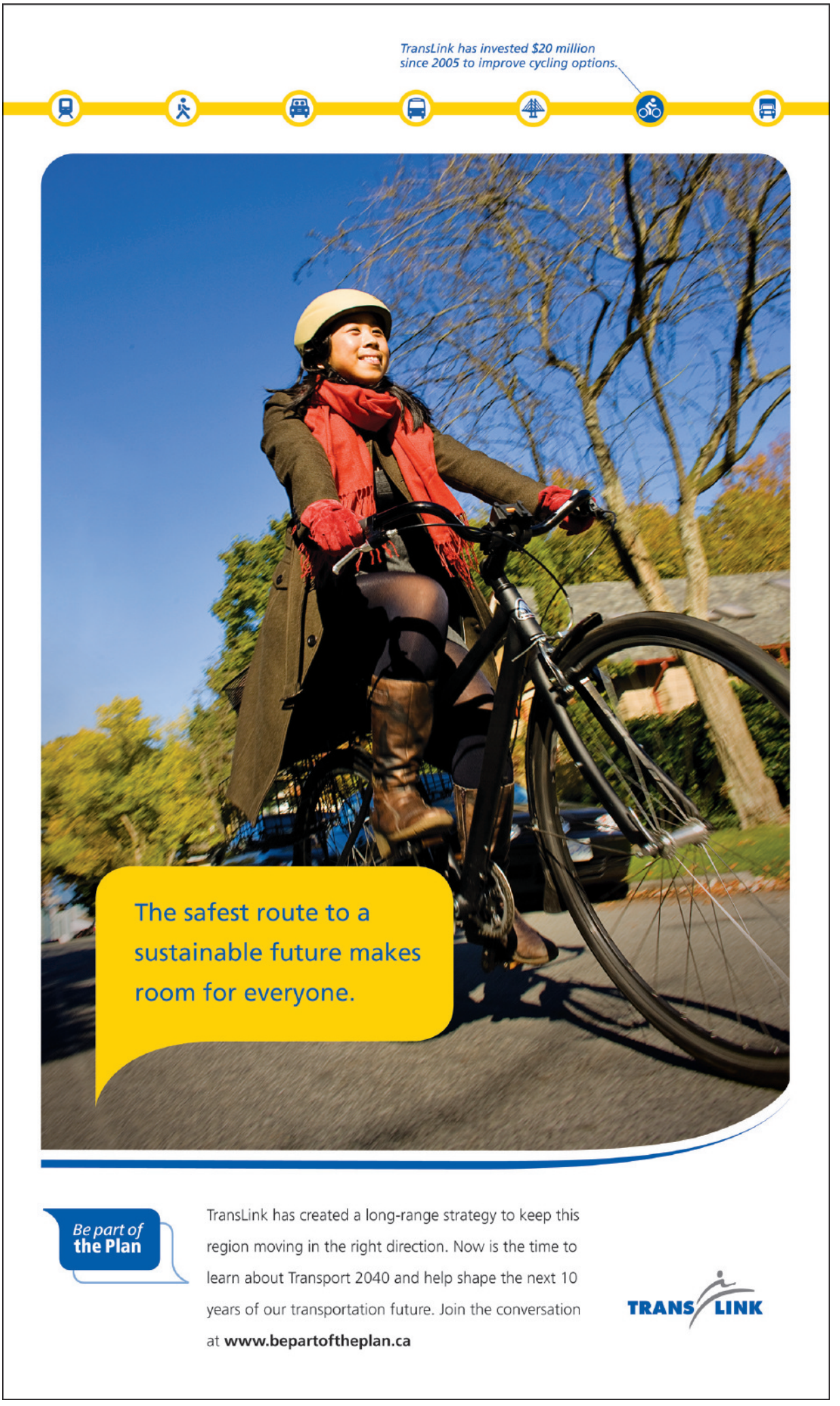
The radar will provide forecasters with information on weather systems in the Callahan Valley, on Whistler Mountain and along the Sea-to-Sky Highway, the federal government announced Saturday.

It will help athletes prepare for conditions and keep spectators and locals safe by helping to forecast storms that could impact the Games.

Environment Canada is spending $13.4 million on weather services, a wind profiler and a network of automated weather stations. METRO VANCOUVER

News in brief

ARREST Vancouver police have made an arrest after a man tried to drug a woman inside a nightclub, cknw.com reports. Police said a man tried to force an ecstasy pill into a 25-year-old woman's mouth at Pop Opera club. A suspect was arrested outside. METRO NEWS SERVICES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Iran.....3.9 ¢	SaudiArabia.....3.9 ¢
Iraq.....4.9 ¢	Syria.....18.9 ¢
Israel.....2.9 ¢	U.A.E.....19.9 ¢

Latin America

ECUADOR	CUBA
12.9 ¢/min	85 ¢/min

Haiti.....16.9 ¢	Bolivia.....6.9 ¢
Honduras.....15.9 ¢	Chile.....2.9 ¢
Panama.....3.9 ¢	Colombia.....3.9 ¢
Uruguay.....7.9 ¢	Dominican Rep..6.9 ¢
Venezuela.....2.9 ¢	Mexico.....2.9 ¢

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Manitobans brace for flood

Flood-fighting preparations continued in earnest in southern Manitoba yesterday as freezing weather proved a mixed blessing. Temperatures below the freezing mark gave officials time to continue sandbagging efforts in communities north of Winnipeg. **CBC NEWS ONLINE**

Canada

Fugitive cows set for auction

Life on the lam was pretty good for a couple of Clarington, Ont., cows. But the party's over for the 750-pounders who escaped from no-one-knows-where last fall and spent the winter playing hide-and-seek with country folk. On Thursday, April 2, the cattle — steers, to be anatomically correct — will go on the auction block for the final leg of their journey, destination: barbecue grill. Surprisingly, no one steaked a claim to the critters, even after the municipality ran ads in the local paper. TORSTAR NEWS SERVICE

PM touts Canadian economic strength

POLITICS Canada is emerging from the global credit meltdown with "probably the only truly free-market financial system in the world," Prime Minister Stephen Harper said yesterday during a series of interviews in advance of the G-20 summit in London.

In a series of interviews yesterday aimed at audiences in Canada and the United States, Harper boasted about the strength of Canada's banking system, painted the country as a mere victim in the economic tsunami and praised U.S. President Barack Obama's new Afghanistan policy, saying it mirrored Ottawa's own approach.

Speaking with Fox News for the second time in a month, the prime minister described the Canadian approach to banking regulation as "the happy medium" that neither discourages entrepreneurship nor lends itself to risk.

TORSTAR NEWS SERVICE

News in brief

COURTS The Ontario provincial government's net financial loss in the controversial corruption case involving Ontario Realty Corp. could increase by several more millions of dollars if defendants are successful in overturning a court judgment.

TORSTAR NEWS SERVICE

Cyber spy network uncovered

Operation infiltrated government offices, Dalai Lama Canadian researchers say

Canadian researchers have uncovered a vast electronic spying operation that infiltrated computers and stole documents from government and private offices around the world, including those of the Dalai Lama, The New York Times reported Saturday.

In a report provided to the newspaper, a team from the Munk Centre for International Studies in Toronto said at least 1,295 computers in 103 countries had been breached in less than two years by the spy system, which it dubbed GhostNet.

Embassies, foreign ministries, government offices and the Dalai Lama's Tibetan exile centres in India, Brussels, London and New York were among those infiltrated, said the researchers, who have detected computer espionage in the past.

They found no evidence U.S. government offices were breached.

The researchers concluded that computers based almost exclusively in China were responsible for the intrusions, although they stopped short of saying the Chinese government was involved in the system, which they described as still active.

"We're a bit more careful about it, knowing the nuance of what happens in the subterranean realms," said Ronald Deibert, a member of the Munk research group, based at the University of Toronto.

"This could well be the CIA or the Russians. It's a murky realm that we're lifting the lid on."

A spokesman for the Chinese Consulate in New York dismissed the idea China was involved. "These are old stories and they are nonsense," the spokesman, Wenqi Gao, said. "The Chinese government is opposed to and strictly forbids any cybercrime."

The Toronto researchers began their sleuthing after a request from the office of the Dalai Lama, the exiled Tibetan spiritual leader, to examine its computers for signs of malicious software, or malware.

The network they found was able turn on the camera and audio-recording functions of infected computers for potential in-room monitoring, the report said.

REUTERS

The targets

- The system was focused on the governments of South Asian and Southeast Asian nations as well as on the Dalai Lama, the researchers said, adding that computers at the Indian Embassy in Washington were infiltrated and a NATO computer was monitored.

REUTERS

Biker gangs **Calling it quits**

PETER EDWARDS/TORSTAR NEWS SERVICE

Mario Parente, former Canadian president of Outlaws Motorcycle Club, the world's third largest biker gang behind Hells Angels and the Bandidos, rides his motorcycle. Parente, a lifelong outlaw biker, has resigned as president in a recent interview.

Judge to rule today on ban of British MP

COURTS A federal court judge says he won't rule until today on whether to overturn a government decision to bar British MP George Galloway from speaking in Canada this week.

Canadian lawyers for Galloway told Justice Luc Martineau that if a decision in the anti-war MP's favour is delivered by 2 p.m., Galloway could still make his 7 p.m. Toronto engagement.

Galloway was to speak about the war in Afghanistan and the Middle East conflict this week, but officials with the Canada Border Services Agency notified him he was flagged as a terrorist sympathizer and slammed the door.

Immigration Minister Jason Kenney has criticized Galloway for his "odious" support of terrorism and said he won't bow to pressure to let him into the country.

In Toronto Federal Court yesterday — the judge appeared on a large TV screen via video teleconference from Ottawa — lawyer Barbara Jackman said the decision to bar Galloway was "arbitrary, given that it was made for the purpose of quelling speech in Canada."

Government lawyer Stephen Gold told Martineau that a note sent to Galloway from Canadian officials in London was merely "a courtesy letter" advising him that should he try to enter Canada, he would be refused at the border.

Gold also said there was a possibility that if Galloway attempted to enter Canada, he could be detained and placed in custody until immigration authorities ruled on his case.

In response to questions from Martineau, Gold conceded that the government had no "first-hand knowledge" of Galloway's actions in Gaza, but relied on what the judge called media "hearsay" in reports of the convoy.

Galloway was expelled from the Labour Party in 2003 for urging British soldiers not to fight in Iraq. He formed his own party, Respect, and won re-election in 2005.

TORSTAR NEWS SERVICE

Ottawa's reason

- The designation comes from Galloway's participation in what his lawyers called a "humanitarian convoy" to Gaza. Ottawa also said Galloway's contribution of $45,000 to the Hamas government — officially labelled a terrorist organization here — makes him a terrorist supporter.

Family talks about man buried in avalanche

DEATH The family of a snowmobiler killed in an avalanche on Friday said he died doing what he loved.

Daryl Hay, 50, was a well-liked, respected and adored member of the community of Carbon, where he and his wife, Donna Hay, lived, just 120 km northeast of Calgary.

Hay was snowmobiling with friends south of Golden, B.C., when he was buried by an avalanche.

"He was a proud member of the community and he always wanted to make other people laugh. He took every challenge head on and was never one to sit back," his wife said, adding they each had two kids.

When Hay and his wife returned from a vacation in Mazatlan, Mexico, last week, he couldn't wait to get out into the snow, she said.

"He died doing what he loved and there isn't any other way we would have it. He will be very, very missed."

There will be a roast in Hay's honour on Friday.

METRO CALGARY

Rights proposal praised in Alberta

LEGISLATION A proposal to include sexual orientation in Alberta's human rights legislation is being applauded by Edmonton's gay and lesbian community, but they say it's long overdue.

Alberta Culture Minister Lindsay Blackett has introduced some changes to modernize the legislation this spring.

Blackett says his amendments would bring Alberta's human rights laws in line with other provinces and a 1998 Supreme Court decision.

METRO EDMONTON

For the latest news from across the country, visit:
metronews.ca

Pole-vaulting champion streaks through Paris
French pole-vaulting champion Romain Mesnil has run naked with his pole through the streets of Paris and posted the video on the Internet, hoping to draw attention to his quest for a new sponsorship deal. REUTERS

World

U.K. politician in adult-film scandal

Home Secretary Jacqui Smith, who is in charge of British security, was forced to apologize yesterday for using public money to pay for adult films. In the latest in a series of political controversies over lawmakers' expenses, Smith, already under investigation over her housing allowance, said she mistakenly claimed for pay-per-view television when she submitted a bill for her Internet connection. REUTERS

8 shot dead in nursing home

Police say gunman opened fire on people in wheelchairs

A gunman opened fire inside a nursing home in a small North Carolina town yesterday, killing eight people, including elderly patients in wheelchairs, local authorities said.

A 45-year-old local man was arrested and faces eight counts of first-degree murder after the shooting at the retirement care home in Carthage, about 100 kilometres southwest of Raleigh.

"There are eight dead," Moore County district attorney Maureen Krueger told a news conference. Neither she nor other officials were able to offer a motive for the killings in what was the third major shooting incident in the southeastern United States this month.

Those killed at the Pinelake Health and Rehab Center in Carthage, which offers care for the elderly and Alzheimer's sufferers, included seven patients in their 70s, 80s and 90s, and one 39-year-old staff member, officials said.

"The shooter entered the facility heavily armed and began shooting at people in wheelchairs," WRAL News quoted North Carolina state Senator Harris Blake as saying.

Carthage police Chief Chris McKenzie told the news conference that the gunman shot 11 people in all. The wounded included a police officer and the arrested suspect, whom McKenzie and Krueger identified as Robert Stewart.

Six of the victims died at the scene and two died of their injuries in the hospital. REUTERS

Series of attacks

This was the third major shooting to occur in the southeastern United States in less than a month.

- On March 10, a 28-year-old man in Alabama killed 10 people, including his own mother, in a shooting spree that ended when he took his own life.
- A few days later in Miami, Fla., a man shot and killed four people, including his estranged wife, before taking his own life.

REUTERS

19 killed in collapse after Ivory Coast soccer match

ABIDJAN At least 19 people were killed in a stadium crush during a World Cup qualifier between Ivory Coast and Malawi in Abidjan yesterday.

A rush by spectators led to the collapse of a wall, medical officials told Reuters. Police then fired tear gas to clear the crowd, causing a stampede that also left many people seriously injured.

The tragedy followed similar incidents that have marred international matches in Africa in the last decade, including two separate ones in Zambia and the death of 13 people in Zimbabwe nine years ago.

FIFA instigated a program of stadium inspections across Africa before the 2010 World Cup qualifiers and Abidjan's Felix Houphouet-Boigny Stadium was passed as safe for international matches.

On the field, Chelsea striker Didier Drogba marked his return to competitive international football with two goals to lead Ivory Coast to a 5-0 win over Malawi.

The Chelsea striker, who missed the first six qualifiers due to a knee injury, converted a seventh-minute penalty and followed up with a 27th-minute goal as the Elephants romped home in Abidjan in their Group E opener. REUTERS

Shooters kill eight officers in Pakistan

LAHORE Attackers armed with guns and grenades killed at least eight policemen at a training centre in the Pakistani city of Lahore late yesterday, police and a security official said.

"Some gunmen entered the centre, threw hand grenades and then started firing," an intelligence agency official said.

"They are still in the building, and firing is continuing," he said.

The official said that 10 people had been killed and 50 wounded. A police officer said that at least eight policemen had been killed. REUTERS

Russia **Calls for Putin's resignation**

ALEXANDER NATRUSKIN/REUTERS

Supporters of the Russian opposition party United Civil Front leave their signatures to call for the resignation of Prime Minister Vladimir Putin in Moscow yesterday. Russian President Dmitry Medvedev stressed in a BBC interview yesterday that he alone rules Russia.

Colombian man accused of fathering 8 with daughter

BOGOTA A Colombian man accused of sexually abusing his daughter from a young age and fathering eight children with her was arrested Saturday, causing an outcry over the lack of child protection in the Andean nation.

Arcebio Alvarez, 58, was led away in handcuffs by agents from Colombia's attorney general's office after his daughter told police that he had abused her since she was a young girl.

Alba Nidia Alvarez, 35, from the central town of Mariquita, said an evangelical Christian pastor had convinced her to come forward about the alleged abuse.

"I took this decision according to the will of God, thanks to a pastor who prayed for me many times," she said in an interview with the daily newspaper El Tiempo. "That is what gave me the strength."

Alba Nidia's mother died when she was five, leaving her under the care of her father, who has been branded "the monster of Mariquita" by the local press. REUTERS

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Find joy in the little things

HineSight

Anne Hines

metronews.ca/hinesight

I want to share an old saying. It dates right back to 15 minutes ago when I made it up. "To find good news, look in a mental institute." That just makes life so clear doesn't it?

As I've mentioned before, as part of training to become a United Church of Canada minister I'm spending eight months working at an inner city church and a mental health hospital. I call this program Thirty Two Weeks In Heaven and Hell. Which place is which changes around from day to day.

Every Wednesday, I work on a mental health ward that houses those suffering from schizophrenia. Some clients are with us for a week, some for many years. Some have "privileges," which are extraordinary freedoms such as being allowed to leave the building, even cross the street and use the corner store. Others can only leave with an escort and, though the care staff do their best, this may mean not leaving much at all.

Doing spiritual care for these clients is challenging. I suggested to one woman that she try to "listen to her inner voice." Her response? "I'm trying not to listen to them. That's why I'm here." Fair enough.

SunnySide

Not taking client behaviour personally is another challenge. Last week, I walked into the ward happily sporting a short new haircut. Louise rushed over gushing, "I love your hair! You look just like Prince Charles!"

It's hard to carry on a conversation because some clients find it difficult to keep words in logical order. I sat for an hour with Gordon who babbled to me earnestly and entirely incoherently as I smiled and nodded, all the while thinking, "Dear God, let me not be agreeing that Paul Martin was a modern day Gandhi."

So, where's the good news here? Well, it's not "no matter how bad your own life seems, remember you're allowed to cross the street," though it's a good thing to remember for sure.

On our ward, Dylan paints a picture that's hung in the hallway and he grins for a day. Loni gets her hair washed and everyone tells her she's gorgeous. Carson says he's glad to see me and offers a smile, precious as the first spring flower.

Encouragement. Appreciation. That's good news anywhere. And the best part is, it's not a privilege allowed only to some. In any life, in any place, you can make it yourself.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

MICHAEL DE ADDER

Views

Temporary trailer parks for the homeless?

InTransit

Derek Moscato

metronews.ca/moscato

Gregory Henriquez, the Vancouver-based architect, isn't afraid of challenging local defenders of the status quo.

Last year, the principal of Henriquez Partners Architects felt the wrath of some vocal North Vancouver residents, who railed against his proposal for an iconic 40-storey highrise on the sleepy Lower Lonsdale waterfront.

The boobirds eventually got their way, and Henriquez' design was chased away.

And in 2007, when his firm made the case for a viewing tower at the top of Vancouver's Queen Elizabeth Park, area naysayers gave it the predictable thumbs-down.

This spring, Henriquez — whose work includes the visionary Woodward's development — is making waves again.

In a recent issue of Business in Vancouver, he made the case for temporary trailer parks to address Vancouver's homelessness crisis.

What a great idea. Compared to permanent buildings, modular housing is more flexible and cheaper to build.

Unfortunately, his proposal is sure to fire up the usual "concerned citizens" — people who are more focused on property values than community values.

But given this innovative solution to a staggering social problem, let's hope the Nimbys can keep an open mind — if only this once.

• The now-underway Vancouver Cherry Blossom Festival is a great way to celebrate the arrival of spring, and the city's beautiful sakura trees.

It's also an ideal time to reflect on their significance in Vancouver's historic Japantown.

Last year, Japanese-Canadian community members were stunned by a plan calling for the removal of cherry trees planted in Oppenheimer Park in 1977 — marking 100 years of Japanese immigration to Canada.

A coalition formed to save the trees — accusing city hall of disrespecting "the social, cultural and historical significance of these magnificent Legacy Sakura."

Fortunately, at least some of the trees have since been transplanted, and are now out of harm's way.

On April 18, the festival will honour the Oppenheimer trees with a day of cultural performances, including the film Haru wa Akebono.

• Coastal Link Ferries has endured some challenges in recent times. But it is still hugely popular with passengers, judging by their passionate response to my column about the company last week.

Owner Ihab Shaker, meanwhile, informs me that customer interest is up, and that he's closer to making a deal for a downtown dock. That's great news for the company's bottom line, not to mention its loyal coastal commuters.

Here's to more smooth sailing ahead.

Derek Moscato is a writer with a focus on urban issues, transportation, architecture and economics; dmoscato@yahoo.com.

Worth mentioning

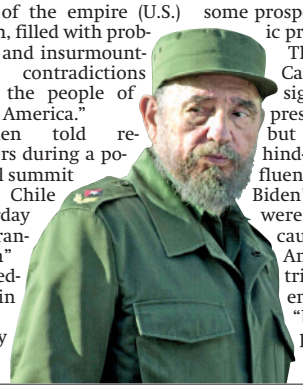
'Insurmountable contradictions' in U.S. draw criticism from Castro

CUBA Former Cuban leader Fidel Castro criticized U.S. Vice-President Joe Biden yesterday for saying that the United States will not lift its 47-year-old trade embargo against Cuba.

Castro, in a column published on the Internet, said it was "fun to see how the guts of the empire (U.S.) churn, filled with problems and insurmountable contradictions with the people of Latin America."

Biden told reporters during a political summit in Chile Saturday a "transition" is needed in U.S. policy toward the communist-ruled island, but replied in the negative when asked if the embargo would be ended.

He said he and President Barack Obama "think that Cuban people should determine their own fate and they should be able to live in freedom and with some prospect of economic prosperity."



The 82-year-old Castro, who resigned as Cuba's president last year, but still has behind-the-scenes influence, said Biden's comments were a "pity" because all Latin American countries view the embargo as a "burden of the past."

REUTERS

Metro Online Poll Results

37% SAID YES

Is deficit spending the best way to get out of a recession?

Weigh in on today's question at metronews.ca

63% SAID NO

It's your turn to tell others what you think. Email your thoughts and opinions to: vancouverletters@metronews.ca

Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

Gay group issues award to financial guru
The gay watchdog group GLAAD honoured Suze Orman at its annual media awards on Saturday, and the openly gay financial guru exhorted her followers to "invest in companies that invest in you." Orman cited General Electric, Avon, QVC, Random House and CNBC as companies that had supported her. REUTERS

Business

Video games sharpen eyes: Study

Adults who play a lot of action video games may be improving their eyesight, U.S. researchers said yesterday. They said people who used a video-game training program saw significant improvements in their ability to notice subtle differences in shades of grey, a finding that may help people who have trouble with night driving. REUTERS

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Theme parks feel the pinch

Shortfalls in attendance, revenue spell trouble for investors

First it was the housing market, then the banks. Now Santa Claus, Mickey Mouse and Shamu are getting whacked in the global slump.

The result is that investors in amusement parks are on a roller-coaster ride — with enough sharp drops to make even those with the strongest pocketbooks feel a bit queasy.

Disney's slashing jobs. Six Flags, which owns Montreal's La Ronde amusement park, is on the cusp of bankruptcy protection. The Finnish government announced last Tuesday it was selling its stake in Santapark because of declining revenues.

"Longer, higher and faster is kind of kaput. The public got tired of it."
Dennis Speigel, president
International Theme Park Services Inc.

But regional parks could benefit from Disney's loss, according to industry consultant Dennis Speigel, president of International Theme Park Services Inc.

Wonderland in Vaughan, Ont., relies on southern Ontario for the vast majority of its business, making it an affordable destination for families trying to avoid the added costs of airfare and accommodations that go with a trip to Disneyland.

But that doesn't mean 2009 is shaping up to be an easy ride for Wonderland's owners, Ohio-based Cedar Fair Entertainment Co., with an expected revenue and attendance shortfall of 4.5 per cent for regional theme parks overall, according to Speigel.

It doesn't help that the amusement park industry is at a mature phase, Speigel said.

"Now they put in 'super coasters' for $25 million and haven't bumped the attendance at all," he said. "Longer, higher and faster is kind of kaput. The public got tired of it."

TORSTAR NEWS SERVICE

Stock bulls may hit the pause button

FORECAST U.S. stocks are set to run into some turbulence this week as investors pause to gauge if profit expectations and economic prospects will justify the market's further advance from the 12-year lows touched earlier this month.

Since hitting those significant lows the market has rallied strongly, lifting the benchmark S&P 500 more than 20 per cent amid burgeoning hopes that fallout from the economic slump may be subsiding.

Barring any shocks early in the week, the benchmark S&P 500 could close March with its biggest monthly gain in about two decades.

Besides a deluge of economic data, comments from companies in the run-up to the start of the first-quarter earnings reporting season and any developments from Thursday's G20 Summit could set the tone.

"If we get some negative surprises, the whole question of when the economy is turning ... will be brought back."
Bucky Hellwig, analyst

"If we get some negative surprises, the whole question of when the economy is turning or if it is turning will be brought back," said Bucky Hellwig, senior vice-president at Morgan Asset Management. REUTERS

Business in brief

INVESTING Beaten-down shares of Canadian auto-parts makers may offer outsized rewards for those with a long time horizon, but investors would be wise to wait to see what the future holds for the U.S. automakers, analysts say. Earnings and production at most companies are expected to continue to suffer over the next couple of years. REUTERS

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Try to leave the car at home for short trips

Walk or bike to the nearest store instead of driving. For every 6.5 kilometres you bike, you keep around seven kilograms of pollutants out of the air we breathe, according to Ed Begley Jr.'s Living Like Ed: A Guide to the Eco-Friendly Life. **TORSTAR NEWS SERVICE**

Going Green

A brighter future

A study last year by the International Energy Agency found that a worldwide shift to energy-efficient lighting systems would cut the world's electricity bill by nearly one-tenth. Amazingly, the emissions created by all the light bulbs on the planet are three times those caused by aviation.

DAVID SUZUKI FOUNDATION

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

Lingering query: Are we doomed?

EarthTones

Sophia Dore & Andrew Laursen

metronews.ca/earthtones

Any given day, a whole series of seemingly disconnected thoughts pass through our brains. Thoughts like, "I wonder where my car keys are," "I think I will wear the red cowboy hat," or "What's that smell?"

Sometimes the thoughts are more profound, but often not. Less often still, they can be strung together into a kind of story. Fortunately for us, that only has to happen once a week.

Recently, stories of new dinosaur discoveries, news about Earth Hour, a review of our heating bill and a simple question posed by a student — "Are we just doomed?" — have all been bouncing around. Are they connected?

The question "Are we doomed?" depends a lot on your frame of reference. On a geological time scale, the short answer is "sure." We know species come and go in the fossil record. The dinosaurs were doomed and they didn't even burn coal or drive Hummers. Species come and species go, but few of us are worrying that far ahead when we consider doom.

In a recent story carried on BBC, Prof. John Beddington in the U.K. warned of a "perfect storm" of food, energy and water shortages due to increases in global population. As the population grows, increased pressure will be placed on resources that are already grossly overstretched in some parts of the world. Even without a growth in population, pressure will grow as developing economies compete for energy resources.

If we have learned one thing from history, it's don't invade Russia in the winter. But if we learn any other lessons, they should include that the cause of nearly every war can be traced to competition for resources, and failure of governments to provide the basic resources necessary for life leads to political instability.

So, are we doomed? The situation described above is playing itself out in many parts of the world. Many conflicts in Africa and Asia have as a root cause competition for limited resources with access granted on a basis of race, religion, or some equally arbitrary basis for saying "you can't have it." The governments that can not or will not make access fair contribute to their own instability and chaos.

There is no reason to think we are going the way of the dinosaur in the near term. We're unlikely to die out as a species soon. But, if by doomed we mean doomed to live as most of the world lives, chances are good. As a species we are more likely to go out with a whimper than a bang.

Like the dinosaurs, we have no control over the freak meteor. However, in the shorter term we actually do have it in our power to make better choices and live more sustainably.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.

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Green Zebra offers green savings

Can going green be affordable? With the Green Zebra guide, the answer is … absolutely.

A coupon book featuring sustainable businesses throughout Greater Vancouver, Green Zebra is a great way to get some ideas for eco-friendly living while saving money.

With freebies ranging from a yoga class to an artisan chocolate bar, and two-for-one deals at popular restaurants and theatres, the coupons offer something for everyone.

Dream Designs, a boutique for sustainable décor and apparel, has seen an overwhelming response to the Green Zebra guide.

"It's a great resource for our customers. The books have been flying off the shelves," said Kelly Valente, manager of the Commercial Drive location. "Most of the people coming in are already interested in sustainable products. They're thrilled to find out they can recoup the cost of the book with their first purchase here and then go and discover other sustainable businesses."

The book, printed locally on recycled paper, promotes sustainability on all fronts — environmental, social and economic.

"In this economic climate, people are increasingly eager to find ways to shop smart," said Rebecca Fry, Green Zebra's business development manager. "And with the exposure our guide offers, Green Zebra is helping out local businesses, too."

Priced at $30, the book pays for itself after just one or two coupons. Net proceeds support TB Vets Charitable Foundation. Since 1946, TB Vets has provided employment to people with disabilities and funded research, education, and hospital equipment to fight respiratory illness in B.C.

Look for Green Zebra at numerous local events this spring such as Projecting Change Film Festival, Strathcona BIA's Sustainability 2.0, and EP!C.

METRO NEWS SERVICES

Buy a copy online

• View the list of merchants at www.greenzebraguide.ca, where you can buy your copy online. Sponsors of the 2009 edition include TransLink, Granville Island, Change, and Metropolitan Fine Printers.

U.S. envoy praises China's climate efforts

The United States gave rare praise to China's efforts to curb emissions of greenhouse gases yesterday, but said Beijing must do "a lot more" under a planned new UN treaty to fight climate change.

Todd Stern, U.S. special envoy for climate change, told Reuters on his debut at the 175-nation UN climate talks in Bonn that all major emitters had to step up action despite recession under a UN climate pact due to be agreed on in December.

"The Chinese are doing a lot already," he said. China has recently overtaken the United States as the top emitter of heat-trapping gases, mainly from burning fossil fuels, blamed for global warming.

"The Chinese have a lot of policy that they have put in place — energy intensity targets, significant renewable energy targets, they've got auto standards that are good, they've got efficiency standards for their top 1,000 enterprises," he said. **REUTERS**

Longtime football coach Saban dies
Lou Saban, the longtime NFL and U.S. college coach whose career spanned five decades and dozens of jobs, died at 87 at his home in South Carolina yesterday. Saban had two stints as coach of the Buffalo Bills, from 1962 to '65 and '72 to '76. METRO NEWS SERVICES

Sports

Rochette leads Canuck medal haul

Joannie Rochette, left, of Ile-Dupas, Que., captured the silver medal Saturday in the women's singles event at the World Figure Skating Championships in Los Angeles. It is Canada's first medal in women's singles in 21 years. Patrick Chan of Toronto won the silver in men's singles, while Tessa Virtue and Scott Moir won bronze in ice dance in just their third competition this season. METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Canucks best Blackhawks

NHL RESULT
Canucks 4 Blackhawks 0

VS

SCOTT RINTOUL
for Metro Vancouver

THE SKINNY: Alex Burrows and the Sedins combined for three goals and ten points overall as the Canucks hammered the Hawks in a potential playoff preview. Roberto Luongo made 26 saves, including a penalty-shot stop on Patrick Sharp, for his seventh shutout of the season. Daniel Sedin tallied twice, while Burrows and Ryan Kesler each scored singles.

THE DONNYBROOK: With the Canucks up 3-0 early in the third, the Blackhawks' tough guys decided to send a message by goading the visitors into a line brawl. The main event featured Ben Eager and Kevin Bieksa, with the former earning the decision despite losing points for a wrestling-style take down.

THE CONVERSATION: Joel Quenneville and Alain Vigneault exchanged a few animated words between the benches after the aforementioned fight-fest.

JOHN GRESS/REUTERS

The Vancouver Canucks celebrate Daniel Sedin's goal on the Chicago Blackhawks during the third period of their game last night in Chicago. The Canucks won 4-0.

THE DREAM: ... continues for Burrows. His three-point night gives him 47 points this season, the most of any player in the NHL that has not accumulated any on the power play.

THE RATING: Please let these teams play in the postseason; great game to watch. Five out of five stars.

THE NEXT GAME: The Canucks wrap up their six–game road trip tomorrow night in Minnesota.

Hawks offer good match for first round

ToulBox

Scott Rintoul

metronews.ca/toulbox

If they do in fact exist, the hockey gods will schedule a first-round meeting between the Canucks and Blackhawks.

A series between the Canucks and Hawks would be a just reward for a city that has filled GM Place for well over 250 consecutive games.

If yesterday's showdown was any indication, the potential post-season meeting would be off the charts in entertainment value.

There was the flow that hockey fans yearn for; Chicago skates extremely well and appears more than willing to trade chances with their opposition. Perhaps that's because the Blackhawks don't possess the personnel necessary to play shutdown hockey, but the result is so aesthetically pleasing that the reason is of little consequence.

Scott Rintoul can be heard Monday-Friday on the TEAM 1040 from 6-9 a.m.
scott.rintoul@team1040.ca.

CIS UNB wins University Cup

MIKE LAVOIE/UNIVERSITY CUP

The University of New Brunswick Varsity Reds celebrate after beating Western Ontario in the University Cup final yesterday in Thunder Bay, Ont.

Favourite falls as Final Four is set

NCAA Second-seeded Michigan State stunned No 1. Louisville 64-52 to win the Midwest Region and advance to the NCAA Final Four yesterday.

Senior centre Goran Suton, who grew up in Bosnia, scored 19 points and had 10 rebounds to lead Michigan State (30-6) to its fifth Final Four in 11 years.

Suton admitted he was tentative in the first half.

"I didn't look to shoot the ball," he told reporters.

"Those Louisville guards kept coming from everywhere. Coach (Tom Izzo) pulled me to the side and told me to shoot the ball or he was going to take me out.

"I had no choice but shoot the ball. I didn't realize how open I was. The shots were falling down."

Magic Johnson and Chris Allen of Michigan State celebrate after the Spartans beat Louisville yesterday.

Suton hit seven of 15 shots, including three of five from beyond the arc.

Louisville coach Rick Pitino said Suton "hitting those shots against our zone was very big."

Louisville (31-6) was the overall top seed in the 64-team NCAA Tournament.

The Final Four will be played in Detroit beginning on Saturday.

Connecticut advanced to the Final Four with a win on Saturday and will face Michigan State. Villanova will play North Carolina, which defeated Oklahoma yesterday. REUTERS

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B.C. to introduce new bylaws regarding private PSE

In June, the B.C. government will introduce changes to Private Career-Training Institutions Agency bylaws. Under the new rules, students defrauded by questionable private institutions will be entitled to tuition refunds. METRO NEWS SERVICES

Workology

Queen's concert hall

Queen's University, in Kingston, Ont., has revealed the design for its new performing arts centre, which will include a 550-seat, purpose-built concert hall, a small studio theatre, rehearsal rooms, an art gallery, and office space. METRO NEWS SERVICES

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Wine made accessible

BRIAN COULTON
for Metro Canada

For some consumers, wine is the ammo of pre-drinking and dinner parties. For others, it's the right synthesis of colour, nose, fruit, acid, tannin and end. But for the team of Angela Aiello and Paxton Allewell, it's a calling.

The Toronto-based duo, both 26, believes in striking a balance between wine as a source for inebriation and as a drink just for connoisseurs with its initiative iYellow Wine Club (phonetically named for a licence plate on Aiello's uncle's yellow mustang).

Their self-described "hottest social club," offers affordable social wine events and tours plus online wine-appreciation content, included with a free membership.

To achieve their aim, Aiello and Allewell focus on people between the ages of 24 and 39, motivated by Aiello's desire to enjoy wine outside the traditionally "older" wine generation with people her own age; an untapped demographic.

"It's become this urban hot thing, to go to a wine event, because not only are you learning about wine but you're meeting great people that are potentially single or could help you get a job and network."

Aiello calls wine a "social lubricant," which is why iYellow Wine Club places equal emphasis on the liquor as the liaisons, sans intimidation.

"People really want to learn but don't want to have a sommelier teach them," she says. "They want to just be taught by someone, but not someone that's talking wine jargon."

Angela Aiello and Paxton Allewell aim to teach people about wine in a way that makes them comfortable with iYellow Wine Club.

And while the pair hails themselves as hosts of all events, neither has official education in wine stewardship. Despite their combined 12 years of industry experience, Aiello says a lot of people think their lack of related formal education is a weakness.

"I really don't want to be a sommelier," she insists. "I think that's what really scares people about wine, in general — that they have to know everything to know something, and they don't. What we try to do is teach people a sense of wine confidence."

Aiello is confident iYellow Wine Club could spread internationally, particularly given noted wine followings in locales like California and the over 3,000 members iYellow boasts, which Aiello says were attracted without push. But with low-cost events and no-cost memberships, she says her and Allewell continue to struggle with turning wine into wealth.

"From a small business perspective, the biggest challenge I have found, is transferring my passion into a business model," she says. "I don't want (an iYellow event) to be like every other wine event where you're paying $80 to $110 to come and try some wine. I want wine to be what Coke is for everybody. It's something that should be enjoyed."

Assistant to the boss an important figure in the workplace

EMPLOYMENT Hiring managers aren't the only ones applicants need to impress when they arrive for a job interview. Candidates also should be on their toes when greeting the boss' right-hand person, a new survey shows. Six out of 10 (61 per cent) executives polled said they consider their assistant's opinion important when evaluating potential new hires.

The OfficeTeam survey includes responses from senior executives from 1,000 companies.

Executives were asked, "How important is your assistant's opinion about the job candidates you interview for positions at all levels?"

"As soon as they enter the parking lot, job seekers should be on their best behavior. Everyone they encounter, from the person in the elevator to the receptionist, is someone who could potentially weigh in on the hiring decision," said Robert Hosking, executive director of OfficeTeam.

"Just as treating the waiter rudely at a restaurant creates a bad impression, being discourteous or abrupt with a company's receptionist or office staff can reveal character — or lack of it — in job applicants."

Hosking added, "Administrative professionals know their boss' management style and understand the work environment, which makes them adept at identifying people who are a good fit and is why executives value their opinions."

OfficeTeam offers the following tips for making a positive impression before and after the job interview:

• Mind your phone etiquette

Be friendly and professional with the "gatekeeper" when phoning the hiring manager. He or she controls access to this person and could someday be your colleague. Also, learn the assistant's name and address him or her properly on calls or in person during the interview process. This increases the likelihood that you'll be put through to the hiring manager.

• Make a memorable introdution

When checking in with the receptionist or assistant prior to an interview, start a light conversation if it appears he or she isn't too busy. Ask for materials or brochures about the company, or inquire about news you uncovered while researching the organization.

The discussion could leave a positive lasting impression with the assistant, and the information you learn might prove helpful when meeting with the hiring manager.

• Be engaged

After checking in, don't act as if you're the only person in the room. Avoid snacking, chewing gum, talking on your cell phone or listening to your headphones. METRO NEWS SERVICES

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Seafarers have George Rae to thank for finding their way back home

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Diane Peters

metronews.ca/oddjobs

For a living, George Rae makes sure boat compasses — the only thing that works when the power goes out — are working perfectly.

For as long as he can remember, George Rae went out on boats with his father.

His dad, originally from Scotland and a former member of the merchant navy, emigrated to Halifax for a job as a master mariner. He later got work as a compass adjuster and soon started his own company.

By the time Rae was 12, he wasn't just tagging along on rides for fun. By age 18, he was doing the work himself.

"I was always intrigued and I loved the boats. And going with my father was always special," says Rae who lost his dad this past January.

After Rae finished high school, he joined the merchant marines. For six years he worked on offshore cargo boats and made his way up from deck hand to chief mate.

But it was tough being away from home so much, as he had a young family. In 1987, his dad asked him to join the family business as a compass adjuster (one of his sisters, his oldest brother and his wife work for the company too).

Rae, now 47, takes calls from everyone from small pleasure boat owners to captains of offshore oil rigs. Most boats on the water are mandated to have a compass — even if they have a host of other fancy gizmos. "The magnetic compass is the only thing that works when the power goes out," Rae says.

But they can lose their sense of magnetic north over time, thanks to new equipment on the boat, renovations, or just harsh weather. To get a compass back on track, usually on an annual basis, Rae takes the boat out on the water. He either drives (his 22-year-old son sometimes comes along to help) or the crew on a larger boat steers.

He then stops the boats at the various headings on the compass. Rae uses the sun, familiar landmarks or a chart to line the boat up.

He then trues up the compass by using magnets. Most compasses have slots built right in where small magnets can fit, or Rae affixes them to the side of the boat.

The whole process takes about an hour. Most observers of Rae at work are pretty surprised to see him turning a boat in circles on the water. "A lot of people get this look, like, 'Here's the man with his black magic,'" says Rae.

Thanks to his years on boats and his study of magnets, it's neither mysterious nor magical to Rae. Just a job he learned at his father's side.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

The Lowdown

Job title: Compass adjuster
Salary: $150 to $600 per job
Education/training: Compass Adjustor certificate from Transport Canada, for which you need experience and must pass a written and practical exam.
Best Part of the Job: "Always being with my father and the sea. Now that my father's gone, it's just the sea and doing it in his memory."
Worst Part of the Job: "The cold. And sometimes the long hours."

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UBC goes green
last week, the University of British Columbia celebrated the reopening of the renovated, $19-million Freidman Building, an energy-efficient, state-of-the-art facility that houses the department of physical therapy and the school of audiology and speech sciences. METRO NEWS SERVICES

Many mature workers deciding to put off retirement for years

While the economic crisis is being felt by nearly every segment of the working population, one group of workers is faced with particularly tough decisions regarding their futures.

Six-in-10 workers (60 per cent) over the age of 60 say they are putting off their retirement due to the impact of the U.S. financial crisis on their long-term savings, according to a survey by CareerBuilder.

Depleted savings accounts due to the economic downshift are causing older workers to stay in the workforce longer to make up for their losses. One-in-ten workers (11 per cent) over the age of 60 who are putting off retirement say that the decrease to their savings may now cause them to never retire, while 73 per cent think it will take them up to 6 years of extra work to recoup their lost savings. Nearly a quarter (24 per cent) feels they can make their money back by working an additional year or two.

"Mature workers may be feeling the pinch of this difficult economy more than others because of their impending plans for retirement."
Jason Ferrara, career adviser

"Mature workers may be feeling the pinch of this difficult economy more than others because of their impending plans for retirement," said Jason Ferrara, Senior Career Adviser at CareerBuilder.

"Mature workers who are returning to the workforce to offset their retirement losses will likely encounter many of the same challenges that workers of any age are facing today. However, their level of knowledge and experience and network of professional contacts will work to their advantage in a competitive job market."

CareerBuilder offers these tips for navigating through a difficult economy:

• Talk to your supervisor

Let your company know that you would like to postpone your retirement, focusing on your strengths and value you bring to the organization. Come prepared with ideas for new revenue opportunities, operational efficiencies or creative executions and volunteer to head up new projects.

• Track market trends

Keep the changes in the job market on your radar if you are concerned about layoffs at your organization and know you need to keep working. Study areas that are showing growth even in a down economy and research how you can transfer the wide set of skills you already have to opportunities in those fields.

METRO NEWS SERVICES

Network both online and off

• Throughout your career, you've likely built a large network of professional and personal contacts. Add to this network by joining various social networking sites such as BrightFuse.com and Facebook.com.

METRO NEWS SERVICES

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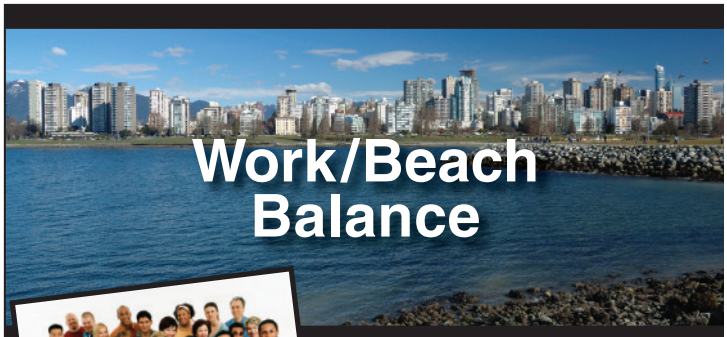

We're stocking up on staff!

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Tyler at a wedding, again

Liv Tyler is walking down the aisle again, as the maid of honour in writer/director Galt Niederhoffer's independent film The Romantics — about seven close friends who reunite to watch two of their pals get married. FEMALEFIRST.CO.UK

Entertainment

Jen sexiest

Jennifer Aniston has topped Details' new list of Hollywood's sexiest women. The former Friends star beat Megan Fox and Gisele Bundchen to land the top spot.

FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

RICHARD LAM/REUTERS

Crooner Michael Buble poses for cameras on red carpet on his way into the Juno Awards.

RICHARD LAM/REUTERS

Nickelback celebrates after winning awards for fan choice, album of the year and group of the year at the Juno Awards last night.

RICHARD LAM/REUTERS

Elvis Costello and Diana Krall arrive on the red carpet at the Juno Awards yesterday.

JENNIFER GAUTHIER/METRO VANCOUVER

Singer Kreesha Turner struts her stuff on the red carpet.

JENNIFER GAUTHIER/METRO VANCOUVER

Season four Canadian Idol winner Eva Avila strikes a pose on the red carpet.

Nickelback wins big

Rock act collects three Junos, including album of the year

RICHARD LAM/REUTERS

Sarah McLachlan performs during the Juno Awards broadcast last night.

RICHARD LAM/REUTERS

Songwriter of the year Juno winner Dallas Green of City and Colour poses with wife and MuchMusic VJ Leah Miller.

RICHARD LAM/REUTERS

Last year's big winner, Feist, poses for photographers on the red carpet last night.

ANDY CLARK/REUTERS

New artist of the year winner Lights poses with her Juno Award backstage.

ROB MCMAHON
for Metro Canada

Last night's Juno Awards at Vancouver's GM Place reflected a shift in the event's tone from past years: An effort to get a little more rugged and raw.

Along with the usual Can-con rockers, this year's nominees included several indie artists, from F**ed Up's layered hardcore to the thrash-electro of Crystal Castles. Much of the show — from performers to jokes — reflected a focus on riskier material.

Backed by a stage of psychedelic plants, host Russell Peters started off with a Bollywood-themed song and dance. But half-way through the song, the dancers ripped off the sometime hip-hop DJ's costume so he could showcase his popping and locking techniques. The transition reflected his promise to tweak a few nerves during his second stint as host.

Sex, drugs, rock 'n' roll: Peters hit all three with jokes about yearning for Anne Murray's sex tape, slams on former Barenaked Ladies singer Steven Page's recent drug-related troubles, and stage props that looked smokeable.

> **"The press are gonna hate us tomorrow."**
> Chad Kroeger

Rock-grunge act Nickelback claimed the night's two biggest prizes — group of the year and album of the year, as well as the Juno fan choice award.

"The press are gonna hate us tomorrow," joked frontman Chad Kroeger. "We apologize for hogging up all the air time."

Juno winners

- Album of the year: Nickelback, Dark Horse
- Artist of the year: Sam Roberts
- Juno fan choice award: Nickelback
- Songwriter of the year: Dallas Green, City and Colour
- New Artist of the year: Lights
- Rap recording of the year: Kardinal Offishall, Not 4 Sale
- Group of the year: Nickelback

RICHARD LAM/REUTERS

Members of the 1980s band Loverboy speak after being inducted into the Hall of Fame at the Juno Awards.

Canada's Music Awards
JUNO Awards

Super-producer Bob Rock inducted '80s rockers Loverboy into the Canadian Music Hall of Fame, Sarah McLachlan received the Allan Waters humanitarian award, and perennial Juno winner Bryan Adams sang Walk On By.

K.D Lang and Buffy Saint-Marie awarded Alexisonfire's Dallas Green songwriter of the year for his quieter work as City and Colour. Green was joined onstage by the Tragically Hip's Gord Downie to perform Sleeping Sickness.

Fresh from an Australian tour with Kings of Leon, rockers The Stills won Junos for new group of the year and alternative album of the year.

Other standouts included back-to-back songs by Crystal Shawanda, Divine Brown and Serena Ryder, and a rocking version of Them Kids by rock album of the year winner Sam Roberts.

Willis has wed — officially

It's official: Bruce Willis and Emma Heming are husband and wife. After their wedding celebration in the Caribbean last weekend, the actor and the model/actress were wed in a civil ceremony Friday. PEOPLE.COM

Blumer battles for best

BRIAN COULTON
for Metro Canada

Ever since he was a schoolboy growing up in Montreal, Bob Blumer's appetite for competition has been insatiable.

A post-Halloween contest to see which student could bring in the most candy for charity from their loot of sweets found Blumer in a Catch-22. He loved candy. He loved competition. How could he part with one to satisfy the other?

"It killed me, but that's how competitive I am. I was willing to sacrifice one of my favourite things," he recalls. Presented with the alternatives, Blumer bit the bonbon bullet, shedding sweets to succeed.

It's that same zeal that drives Blumer on his challenge-oriented television program Glutton for Punishment, which debuts its third season on the Food Network tonight. The show follows Blumer through a different food-related challenge on each episode, with only five days to prepare for a feat that typically requires much longer to overcome.

"I'm always going for it because I'm competitive and I'm vain. It's a bad combination."
Bob Blumer, host

Bob Blumer stars in Glutton for Punishment, which debuts its third season on the Food Network tonight.

But instead of raising candy, he's raising the stakes. This season sees Blumer attempt such tests as breaking the Guinness World Record for the most pancakes made in one hour at the Calgary Stampede, and competing against deep sea diving fisherman for who can collect the most sea urchins on one oxygen tank off the coast of British Columbia.

"I didn't really expect that there would be a reasonable chance of death in the sea urchin diving episode until we got a little bit foolish and pushed the envelope a little too far," says Blumer.

Despite being spotted a third of each of his competitors' oxygen, Blumer nearly drowned during the challenge. "I was literally tangled in kelp when I ran out of air," he says, sucking in swiftly and popping his lips to imitate the sensation.

Although he says he felt infallible going into the challenge, the attached danger barely seems to faze him now, even given the potentially deadly consequences he faced. "I'm always going for it, because I'm competitive and I'm vain," he says with a laugh, "It's a bad combination."

In Glutton for Punishment, Blumer combines his love for competition with his love of food, placing greater emphasis on the culinary in this round, following prior stints as a cookbook author and host of cooking show The Surreal Gourmet. But it's not just food Blumer's a glutton for.

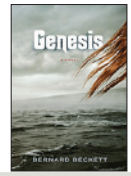
"I'm not a moderation person. I eat too much, drink too much, exercise too much…" he says, "(It's) not necessarily something I would suggest other people subscribe to, but so far it's worked for me!"

For complete online movie listings, trailers, reviews and tickets, visit:
metronews.ca/movies

No ordinary blood bath

Hater

Author: David Moody
Publisher: Thomas Dunne Books
Price: $23.95 (Hardcover)



Genesis

Author: Bernard Beckett
Publisher: McClelland & Stewart
Price: $21 (Hardcover)

BookPicks

Hater is no ordinary slasher novel. The killer has no motive. The killer has no method. The killer could be you. "Infected" with hate, people gradually begin offing others at random, spurring a culture of mass fear. Everyone comes to expect they could be the next to go as much as the next to take out, generating a troubling allowance for murder. David Moody first released Hater on the Internet three years ago. Despite the unconventional publication, Pan's Labyrinth director Guillermo del Toro bought the book's rights and director Juan Antonio Bayona is set for the 2010 film.

In the post-apocalyptic year 2075, anyone living on the remote island Republic has dodged the global dust storms and the 2050 Last War, but still live among the secluded setting's plagues. But plaguing Anax is nothing on such a mass scale… at least, not yet. She sits in front of a board of three Examiners, who test Anax on her utopian civilization's history. If successful, she'll join the Academy, the governing body. But Anax's understanding of her history and the role of the Academy is quite different than what she thought to be true.

BRIAN COULTON/FOR METRO CANADA

Box office

1. **Monsters vs. Aliens:** $58.2 million US
2. **The Haunting in Connecticut:** $23 million
3. **Knowing:** $14.7 million
4. **I Love You, Man:** $12.6 million
5. **Duplicity:** $7.6 million
6. **Race to Witch Mountain:** $5.6 million
7. **12 Rounds:** $5.3 million
8. **Watchmen:** $2.8 million
9. **Taken:** $2.7 million
10. **The Last House on the Left:** $2.6 million

REUTERS

Kenya's Style
Kenya Hunt
Read the blog at metronews.ca/kenyasstyle

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VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 3/30/09	251	308	3 CBC	Coronation St.	Jeopardy! (N)	Little Mosque	Germany	Comedy Fest	Comedy Fest.	CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News (N)	The Insider	The Soup	How I Met	My Boys	Engagement	True Hollywood Story (N)		News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	Big Bang Th	Gary Unmarr	Two/Half Men	Corner Gas	CSI: Miami (N) (CC)		News (N)
	-	-	10 OMNI	The Daily	Frasier (CC)	The Practice "Axe Murderer"		One Tree Hill "Letting Go" (N)		Scrubs (CC)	Randall Mark	New Day
	252	336	11 GTV	Entertainment	ET Canada	House "Locked In" (N) (CC)		Heroes "Into Asylum" (N)		24 (N) (PA) (CC)		News (N)
	256	389	12 VI	Instant Star	TMZ (N) (CC)	Dancing With the Stars The celebrities perform. (CC)				(:02) Castle (N) (CC)		News (N)
	253	359	13 CITY	Law & Order: SVU		Chuck (N) (CC)		Less-Kind	Friends (CC)	Mantracker Dan and Jared.		The List
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Gossip Girl (N) (CC)		One Tree Hill "Letting Go" (N)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Big Bang Th	How I Met	Two/Half Men	Engagement	CSI: Miami (N) (CC)		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	Chuck (N) (CC)		Heroes "Into Asylum" (N)		Medium "Truth Be Told" (N)		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	How Clean	Kim	Love It or List It		Dollars-Sense	Smart Cookies	Maxed Out
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Dancing With the Stars The celebrities perform. (CC)				(:02) Castle (N) (CC)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Gunshy ★★ (1998) William Petersen, Michael Wincott.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	Antiques	Antiques Roadshow (N) (CC)		Betty Ford: The Real Deal		American Experience (PA) (CC)		(DVS)
	290	382	28 FOX	Two/Half Men	Two/Half Men	House "Locked In" (N) (CC)		24 (N) (PA) (CC)		News (N) (CC)		Family Guy
	-	364	29 PBS	American Exp.	It All Adds Up	Keeping Up	Being Served	Tavis Smiley	Charlie Rose (N) (CC)		Antiques Roadshow	(CC)
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	Gossip Girl (N) (CC)		One Tree Hill "Letting Go" (N)		KTLA Prime News (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
	199	311	46 STR	News (N)	News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	63 NW	Pakistan's Taliban Generation		CBC News: The National (N)		CBC News: The National		Pakistan's Taliban Generation		National
	500	500	68 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	PartyPoker.net World Open IV		Hockey	UFC: Access	Best Damn Sports Show		Sportsnet Connected (Live)		Sportsnet
	400	400	20 TSN	SportsCentre	That's Hockey	SportsCentre	Off the Record	Motoring 2009	Motorcycle	Poker		SportsCentre
	411	457	49 OLN	Bounty Hunter	Bounty Hunter	Survivorman (CC)		Mantracker (CC)		Bounty Hunter	Bounty Hunter	Survivorman
	410	403	24 SCR	WWE Monday Night Raw		(:15) Score Tonight		WWE Monday Night Raw (CC)				Cabby Unlimit
	417	406	65 SC	Barrett-Jackson		Car Crazy	Pass Time	This Week in NASCAR		SuperCars	SuperCars	Auctions
	416	409	144 GLF	Fútbol		Gol TV News	Ole: La Liga		Gol TV News	Paid Program	Gol TV News	Gol TV News
family	552	543	42 YTV	Karaoke Star Junior (CC)		Malcolm-Mid.	Futurama	League-Evil	Zixx Level	Falcon Beach (CC)		Mystery Hnt.
	555	545	50 TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	Punch (CC)	Chicken	American Dad	Moral Orel
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	55 TRE	Big Comfy	Big & Small	Max & Ruby	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Undersea	Landscape	The Museum	The Museum	Mr. Boogie Woogie Man		Commanding Heights		Haida Art
	575	583	60 CMT	Hope & Faith	Hope & Faith	Karaoke Star Junior (CC)		Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	70 MM	MuchNews	Video on Trial	MuchVibe (CC)		Shot at Love-Tila Tequila		MuchTopTens (CC)		MuchNews
	600	564	93 H&G	House	House	Holmes on Homes (CC)		Property	Income Prop.	My First Place	For Rent	House
	615	520	61 A&E	Paranormal	Paranormal	Paranormal	Paranormal	Intervention (CC)		Intervention "Brooke" (CC)		Paranormal
	628	584	82 SPKE	Ultimate Knockouts 5		Ultimate Knockouts 6		CSI: NY "Live or Let Die"		Disorderly Conduct: Video		Knockouts 5
	521	560	74 TLC	Jon & Kate Plus 8 (CC)		Little People	Little People	Table for 12	Table for 12	Jon & Kate Plus 8 (CC)		Little People
	616	522	93 SHO	The Outer Limits (CC)		Cashing In	Kink in Hair	Kenny-Spenny	Kenny-Spenny	Name Is Earl	The Office	House (CC)
	620	523	70 BVO	Live at the Rehearsal Hall		Law & Order "Bodies" (CC)		Without a Trace (CC)		Impromptu ★★★ (1991) Judy Davis. (CC)		
	601	562	51 SLC	Project Runway Canada		ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Paradise Hotel
	520	505	72 DIS	The Detonators (N) (CC)		Daily Planet (CC)		Dirty Jobs Cave biologist.		The Detonators (CC)		MythBusters
	522	506	44 HIS	NCIS "Chained" (CC)		Hero Ships "USS Arizona"		Battlefield Mysteries (CC)		NCIS "Chained" (CC)		Sea Hunters
	627	528	45 SPC	Sarah Connor Chronicles		Stargate SG-1 (CC)		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	97 TBS	Name Is Earl	Name Is Earl	Seinfeld	My Boys	My Boys	Sex and-City	Sex and-City	In the Army Now ★★ (1994)	
	619	525	98 TROP	Vanity	Reality	Reality	E News	Ground Up		Are You Smarter		Make
	603	561	92 FN	Hell's Kitchen (CC)		Restaurant Makeover (CC)		Unwrapped	Unwrapped	Work for Food	Glutton	Food
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	Canadian Comedy Awards		Daily Show
	320	621	30 CEN	Sanctuary "Instinct" (CC)		U.S. of Tara	Tracey Ullman	The Line (N) (CC)		Secret Diary	Secret Diary	Sanctuary
	581	566	101 MTV	The Hills-Lnch	The Hills-Lnch	MTV Live	MTV News	The Girls of Hedsor Hall		The Hills-Lnch	The Hills-Lnch	MTV Live
	261	394	102 V	About Mary		The Geometry of Love (CC)		Matthew Matthew recalls the life of Jesus. (Part 1 of 4)				Paid Program
	-	-	105 MUL	Eight Heroes	Mom's-Upset	Can't Live Without Her		Marimar		Pinoy	Pinoy Records	Patrol World

critics'corner

CBC Winnipeg Comedy Festival

Traveling may have been what Jimmy Buffett was referring to when he wrote, "If we couldn't laugh, we would all go insane." In "Bon Voyage," Manoj Sood brings his "Little Mosque on the Prairie" character, Baber Siddiqui, to the stage to introduce a variety of comedians riffing on the travails of travel. They include Geri Hall, Jimmy Tingle and John Wing. Fasten your seat belts; it's going to be a funny ride. 9:30 PM on CBC

House

A man (guest star Mos Def) awakens in a New York hospital after a bicycle accident, unable to move or communicate. House (Hugh Laurie), assigned to an adjacent bed following a motorcycle mishap, diagnoses the patient as having "locked-in syndrome" and gets him transferred to Princeton-Plainsboro, where the team tries to "unlock" him. Wilson (Robert Sean Leonard) is more suspicious of why House refuses to divulge why he was in New York. 5 PM on STR, 8 PM on GTV FOX

Animal-free McCartney honoured

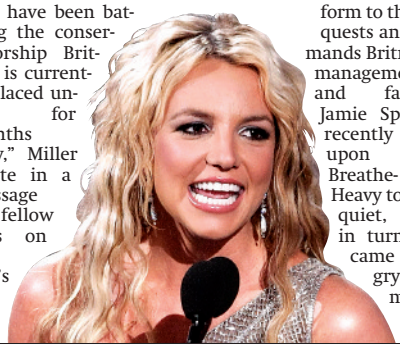
Stella McCartney will be honoured with an award Monday for her environmental efforts BY the U.K. National Resources Defense Council. The designer, who refuses to use fur or leather, will receive the reward from Leonardo DiCaprio, reports Catwalk Queen. METRO NEWS SERVICES

Celebrity Buzz

Brit's team sues superfan

LEGAL Jordan Miller — the owner and webmaster of Britney Spears' most popular fan site, breatheheavy.com — has spent the past five years supporting the singer, but he's about to be shut down by the pop star herself, usmagazine.com reports.

Although Miller asserts that the sole purpose of the site is "to support the icon of our generation, Britney Spears, and to continuously stick by her through the good and bad," Spears' father Jamie has taken legal action over some of the content.



"I have been battling the conservatorship Britney is currently placed under for months now," Miller wrote in a message to fellow fans on the site's homepage Friday.

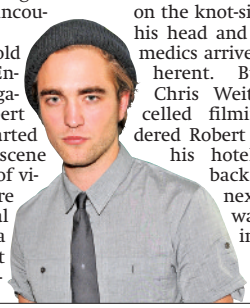
"When I did not conform to the requests and demands Britney's management and father, Jamie Spears, recently put upon Breathe-Heavy to stay quiet, they in turn became angry and malicious, launching, what I feel is an unjust attack, against me and my website."

He received a legal notice from Jamie's lawyers pressuring him to dismantle the site by Friday afternoon, or face an injunction. Spears' legal team claims the site is "replete with willful, unauthorized" use of copyrighted lyrics to songs as well as video and audio recordings and photos of Spears. The website was still online Sunday. METRO NEWS SERVICES

Robert's scary on-set accident

PEOPLE Robert Pattinson required medical help after a metal sign smashed into his head on a film set, femalefirst.co.uk reports.

The British actor was reportedly left dazed and bruised when the advertising sign knocked him over during shooting of New Moon in Vancouver.



A source told National Enquirer magazine: "Robert had just started shooting a scene when a gust of violent wind tore a heavy metal sign from a post. It shot across location so fast no one even managed to shout a warning at Robert. It hit him on the head and he dropped to the ground lying deadly still. Cast and crew ran to help."

The source added: "Robert finally came around. The crew put ice on the knot-sized lump on his head and by the time medics arrived he was coherent. But director Chris Weitz still cancelled filming and ordered Robert to return to his hotel. He came back to set the next day, but was still sporting a lump."

METRO NEWS SERVICES

Love sued for e-smack talk

LEGAL Looks like Courtney Love needs to watch what she types. Fashion designer Dawn Simorangkir is suing the singer for an unspecified amount, claiming Love used her MySpace and Twitter accounts to bad-mouth her after a dispute over an invoice, Page Six reports.

According to the suit, Love posted online that the designer "has a history of selling cocaine, has a history of assault and battery, has a record of prostitution, has committed grand theft ... is a racist and homophobe ... (and) is a danger to society."

METRO WORLD NEWS

Voight a proud grandfather

FAMILY He's a veteran actor, but can Jon Voight really play babysitter to daughter Angelina Jolie's six children? "I haven't done it yet, but I keep asking," the 24 star told In Touch magazine.

Even though he's 68 years her senior, Jon is delighted when he hears that his two-year-old granddaughter Shiloh looks like him. "Of course! It makes my heart very warm to hear that," he gushed.

METRO NEWS SERVICES

Madonna adopting again

PEOPLE U.S. pop singer Madonna arrived in Malawi on Sunday ahead of a court examination this week of her bid to adopt a second Malawian child, a girl called Mercy James, officials said.

An employee said Madonna had checked into an exclusive lodge, accompanied by her son David Banda, whom she adopted in 2006 from the same Mchinji Home of Hope orphanage where four-year-old Mercy lives.

The employee said David's biological father Yohane Banda was at the lodge to see his son.

Some Malawians opposed David's adoption, accusing the government of skirting laws that ban non-residents from adopting children. Critics say Mercy's adoption would also violate Malawi's laws.

Court clerks confirmed the name of the child last week and said Madonna or her associates were expected to appear in court on Monday for the adoption proceedings.

The local Nation newspaper this month quoted Madonna, 50, as saying Malawian friends had told her David needed a brother or sister and that she would consider adopting another child, but only with the support of the Malawian people.

Madonna took David when he was 13-months-old after his father had placed him in an orphanage following the death of his wife.

The singer has said despite the controversy around David's adoption, she was happy to be involved in a case that might pave the way for more adoptions in Malawi, where an estimated one million children have been orphaned by AIDS. REUTERS

Rihanna's rebound?

RUMOUR Though Rihanna is taking time apart from Chris Brown, she is not spending it with Bromance star Frankie Delgado, he tells People magazine, at least not in a romantic sense.

Despite rumours circulating on the Internet, Delgado said Saturday he and Rihanna are "just friends."

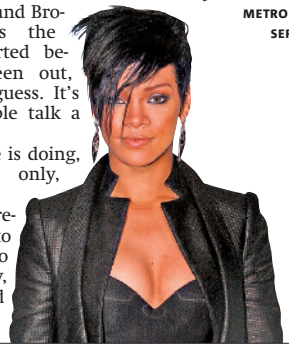
Delgado, who starred in MTV's The Hills and Bromance, believes the chatter got started because "she's been out, hanging out, I guess. It's Hollywood, people talk a lot."

Asked how she is doing, his reply was only, "She's good."

The singer recently returned to L.A. after a trip to New York City, where she had business meetings and spent time with her manager, her mentor Jay-Z, Beyoncé and Brandy.

"She is looking forward to getting back to work and focusing on her career again," a New York source told People, adding that Rihanna's trip was also designed to help her "clear her mind and take things one day at a time."

METRO NEWS SERVICES



Leo paints Kids' Choice green

PEOPLE Nickelodeon's 22nd Annual Kids' Choice Awards was especially green this year, femalefirst.co.uk reports.

Not only was there plenty of green slime, but the children's cable network gave out its first-ever Big Green Help Award during the show.

Cameron Diaz presented Leonardo DiCaprio — "the coolest guy on this hot planet," she said — because of his contribution to environmental issues, including his Leonardo DiCaprio Foundation.

"Do you like this planet that we live on? Is this an awesome place to live or what?" DiCaprio told the audience. "Well, it's the only place we've got ... We need all of you, the next generation, to take action. In fact, I bet someone watching this very show tonight will be a part of the solution to global warming."

METRO NEWS SERVICES

Katy loves long-distance

PEOPLE Katy Perry "loves" long-distance relationships, femalefirst.co.uk reports.

The singer — who split from Gym Class Heroes rocker Travis McCoy this year — prefers not to see her boyfriends every day so she can spend time alone and treasure the days they have together.

She explained: "I love long-distance relationships. I love my space, and that feeling of not being able to see someone and then seeing them again for a week.

"You really appreciate that moment, turning the phone off and cuddling in bed and ordering in food. That's fun to me."

METRO NEWS SERVICES

I've never met grandkid: Tori's mom

PEOPLE In a new interview for ABC's 20/20 that aired this weekend, Candy Spelling says she's never met her granddaughter, msn.com reports.

Spelling, widow of TV mogul Aaron Spelling and mother of Tori Spelling, says she's never met nine-month-old Stella, Tori's daughter with husband Dean McDermott. The couple also has a two-year-old son named Liam.

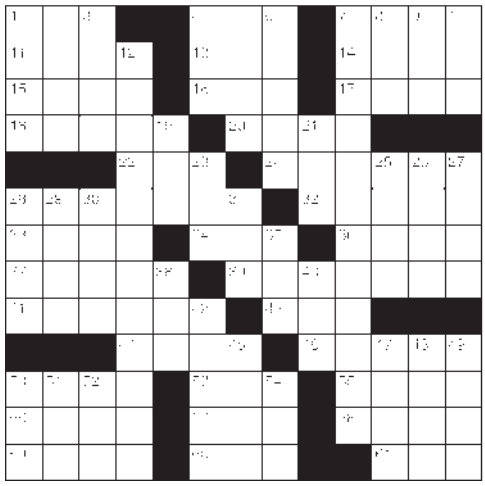
"I would love to be close to my grandchildren," Candy told 20/20 co-anchor Elizabeth Vargas. "I'm the only grandparent that's living. So, I'm it. And — I've never even met Stella."

METRO NEWS SERVICES

The Weather Network ©The Weather Network 2008
Today Rain 80% 7° / 6°
Tuesday Rain 90% 7° / 4°
Wednesday Showers 70% 7° / 4°
You have voted us #1 for best forecasts on TV. Thank you Canada!

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



Crossword across

1 History chapter
4 Recede
7 Note to self, e.g.
11 Co-ed quarters
13 Stout cousin?
14 Verve
15 Concept
16 Dress (in)
17 Otherwise
18 Tropical timber trees
20 Coated with gold
22 Dawn goddess
24 Acceptable
28 Splendour
32 Form
33 PC picture
34 Morning moisture
36 Facility
37 Disreputable
39 It may say "Home Sweet Home"
41 Motion detector, e.g.
43 Neither mate
44 Unstable particle
46 Brandy flavour
50 Pinnacle
53 Cranberry territory
55 Old portico
56 Angry
57 Greek mountain
58 Former frosh
59 Put in the mail
60 Profit
61 Chaps

Crossword down

1 Tend texts
2 Took the bus
3 Vicinity
4 Have breakfast
5 Online journal
6 Start
7 Tim Russert's longtime show
8 Right angle
9 More, to Manuel
10 Indivisible
12 Just stay within your budget
19 "Mayday!"
21 — Angeles
23 Norm (Abbr.)
25 False idol
26 Church section
27 Antelope's playmate
28 Fail to hit
29 Rue the run
30 Rivers or Collins
31 "Of course"
35 Ashen
38 Second person
40 Swab the deck
42 Batman's partner
45 Protuberance
47 Teensy bit
48 Get by somehow
49 Nobel chemist Otto
50 Venomous snake
51 Bill and —
52 Wife's address
54 "Roscoe"

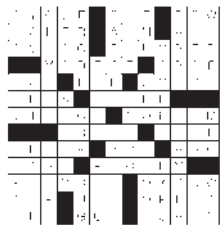
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

					6		2	
4	9				1	8		
	6		5			4		
	3			6	5		8	
1								9
	7		2	8			4	
		7			8		3	
		9	3				7	5
	1		6					

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



7	2	3	4	8	9	5	6	1
6	4	9	1	3	5	8	7	2
5	1	8	2	7	6	3	4	9
2	3	6	9	4	8	1	5	7
4	7	1	5	6	3	9	2	8
8	9	5	7	1	2	4	3	6
9	8	4	3	2	7	6	1	5
1	5	2	6	9	4	7	8	3
3	6	7	8	5	1	2	9	4

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Stir-Fried Beef with Mango

INGREDIENTS:
1 lb (500 g) lean steak
3 garlic cloves, finely chopped
1 tsp (5 ml) sugar
1 tsp (10 ml) low-sodium soy sauce
1 1/2 tbsp (20 ml)

DRESSING:
2 tsp (10 ml) paprika
2 tsp (10 ml) mild chili powder
1 1/2 tbsp (20 ml) honey
1-in. (2.5-cm) piece fresh ginger, grated
1 cup (250 ml) water
4 tbsp (60 ml) vinegar
Juice of 1 lime or lemon

SALAD:
1 mango, peeled and cut into strips
2 plums, sliced
1/4 medium red cabbage
2 cups (500 ml) watercress leaves
1/2 cucumber
1/2 red pepper
3 scallions, sliced on the diagonal
1/4 cup (50 ml) mixed fresh mint and cilantro
2 tbsp (25 ml) chopped roasted unsalted peanuts

METHOD:
1. For dressing, put paprika, chili powder, honey, ginger and vinegar in a pot and slowly add water, stirring. Boil, the reduce heat to low and simmer 5 minutes. Remove from heat and stir in lime or lemon juice. Set aside.
2. Shred cabbage, cut cucumber into matchsticks and cut pepper into thin strips. Combine salad ingredients, except peanuts, in shallow serving dish and toss. Set aside.
3. Cut steak into thin strips for stir-frying. Put steak into bowl with garlic, sugar and soy sauce and mix to coat steak. Heat wok or frying pan on high heat, then add oil. Add beef and stir-fry until strips are browned and cooked to taste.
4. Spoon stir-fried beef over salad, drizzle dressing and sprinkle with peanuts. Serve immediately.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
You must avoid lonely people all day. A cafe is not the best place to buy electronics. A job search needs to be more realistic.

TAURUS
APRIL 21-MAY 21
Let nature take its course with a former adversary. A peer is dealing with too much in a family situation. An unhappy person has a secret admirer.

GEMINI
MAY 22-JUNE 21
A condescending woman brings some news. You have a troubled conscience. A planner needs an aggressive strategy.

CANCER
JUNE 22-JULY 22
A conspirator concentrates on security. Freedom comes from being realistic. You'll be on the receiving end of a shocking fact.

LEO
JULY 23-AUG 23
A confused person is working too hard. A difficult situation eases up and a problem is resolved. Mark out your territory with a tough response.

VIRGO
AUG 24-SEPT 22
Communicate openly with a rescuer. Smile at a loser to boost their self-esteem. An innocent person wants to find wisdom.

LIBRA
SEPT 23-OCT 23
An increase in socializing will be a delight. It's an inconvenience to overlook a mediocre man. A friend gives you a hassle-free choice.

SCORPIO
OCT 24-NOV 22
It's easy to roll out the red carpet for a pal. Poor memory helps you withstand boredom. A chaotic moment arises due to a refusal.

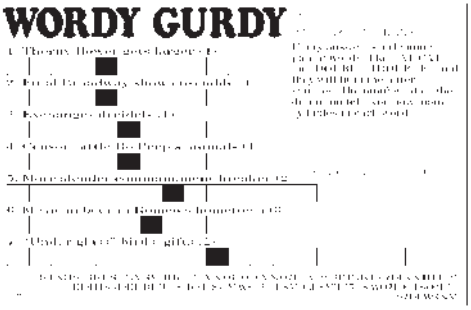
SAGITTARIUS
NOV 23-DEC 21
An enthusiastic helper appears to withstand fears. Paranoid fantasies provoke snide remarks. Make a valued alliance with a thinker.

CAPRICORN
DEC 22-JAN 20
A powerless man gives up the chase. Invest in apparel and appliances. Women will demand more of your time.

AQUARIUS
JAN 21-FEB 18
You'll make a discovery when you focus. Give a fascinating speech at a get-together. Anything is possible if you look within.

PISCES
FEB 19-MARCH 20
A practical joker could give you the giggles. A thick-skinned person gets cross-examined. There'll be last-minute chores to perform.

WORDY GURDY



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This day in history

MARCH 30, 240 BC: First recorded perihelion passage of Halley's Comet.
MARCH 30, 1842: Anesthesia is used for the first time in an operation by Dr. Crawford Long.
MARCH 30, 1951: Remington Rand delivers the first UNIVAC I computer to the United States Census Bureau.
MARCH 30, 1945: Second World War — Soviet Union forces invade Austria and take Vienna; Polish and Soviet forces liberate Gdansk.
MARCH 30, 1981: President Ronald Reagan is shot in the chest outside a Washington, D.C., hotel by John Hinckley, Jr.

METRO NEWS SERVICES

live with LAUREN!

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tonight at
10 pm

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